

What is claimed:

- 1) A nutritionally balanced, traditional snack food having a water activity of less than 0.90; and comprising, on a single reference serving basis:
 - 5 a.) an amino acid source that provides at least 19% of the total caloric value of said food;
 - b.) a fat that provides less than 30% of the total caloric value of said food; and
 - c.) a carbohydrate that provides the balance of the total caloric value of said food and at least about 2.5 grams of dietary fiber.
- 10 2) The traditional snack food of Claim 1 wherein said water activity is less than 0.85, said fat provides less than 27% of the total caloric value of said food, and said food comprises an adjunct ingredient.
- 15 3.) The traditional snack food of Claim 1 wherein said amino acid source provides at least 19% but less than 50% of the total caloric value of said food; and said carbohydrate provides from about 2.5 grams to about 5.0 grams of dietary fiber.
- 20 4.) The traditional snack food of Claim 1 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption of less than 7.0 grams per gram of fiber, and mixtures thereof.
- 25 5.) The traditional snack food of Claim 1 having an amino acid score from 0.60 to 1.00.
- 6.) The traditional snack food of Claim 1 wherein said fat comprises saturated fat and said saturated fat comprises less than 18% of the total caloric value of said food.
- 30 7.) The traditional snack food of Claim 6 wherein said saturated fat comprises less than 10% of the total caloric value of said food.
- 8.) The traditional snack food of Claim 1 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.
- 35 9.) The traditional snack food of Claim 1 wherein said food is a filled cracker, snack crisp, spread, potato crisp, or brownie.

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9.) The traditional snack food of Claim 1 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

10.) The traditional snack food of Claim 1 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, biotin, and pantothenic acid and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.

10 11.) A mix system for producing the nutritionally balanced, traditional snack food of Claim 1 said mix system comprising a mix that comprises:

- a.) at least about 19.5% amino acid source;
- b.) no more than about 1.5% digestible fat; and
- c.) a carbohydrate that provides at least about 8.7% dietary fiber.

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12.) The mix system of Claim 11 wherein said amino acid and fiber sources of said mix are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption of less than 7.0 grams per gram of fiber, and mixtures thereof.

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13.) The mix system of Claim 11 wherein said mix comprises no more than about 0.9% digestible saturated fat.

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14.) The mix system of Claim 11 wherein said mix comprises a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

15.) The mix system of Claim 11 wherein said mix comprises a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

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16.) The mix system of Claim 11 wherein said mix comprises fluoride; sodium; potassium; and a sufficient amount of vitamins and minerals to provide the finished traditional snack food with, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, biotin, and pantothenic acid and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.

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17.) The mix system of Claim 11 comprising a separately packaged shortening that comprises a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof; and said mix system having a ratio of separately packaged shortening to mix of less than about 0.2:1.

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18.) The mix system of Claim 17 having a ratio of digestible fat to total non-digestible lipids, partially digestible lipids, and mixtures thereof; of no more than about 1:2.4.

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the *Journal of the Royal Society of Medicine* (1956, 49, 101-102) and the *Journal of Clinical Pathology* (1956, 10, 211-212).